

N COUGARS W

T R A C K & F I E L D

The 2011 version of the District J.V. meet will be held at SM Northwest on Tuesday, April 19th. Participating teams will again be the five SM East, North, South, West, and the host school Northwest.

The field events will begin at 3:30 according to the attached schedule. Each athlete will be given **4 jumps or throws** in the shot, discus, javelin, long, and triple jumps. The high jump and the pole vault will use the “5-alive” method of competition.

The track events will begin at 3:45 according to the attached schedule.

Each school is allowed **FOUR entries** in individual events and **ONE relay entry**.

The meet will be unofficially scored using the rules regarding a five-team meet: 8 - 6 - 4 - 2 - 1 in individual events and 8 - 6 - 4 - 2 in relay events. Only three individuals per school will be considered for scoring.

Results will be available at the conclusion of the meet. We plan to use the Timing system – each athlete will be handed a card at the finish. The card will indicate their heat and lane assignment. A table near the finish line will have printout(s) with times for each heat/event.

You do not need to send advance entries – events will be clerked at the meet.

All uniform and jewelry rules will be followed – the starter and clerk will advise your athletes if they are not properly dressed.

IN THE SPIRIT OF THE MEET – WE AGREED THE “TUESDAY” VERSION OF THE DISTRICT MEET IS STRICTLY FOR JUNIOR VARSITY ATHLETES.

FIELD	EVENTS	3:30	START	
BOYS	SHOT PUT	followed by	GIRLS	
BOYS	HIGH JUMP	followed by	GIRLS	
BOYS	POLE VAULT	followed by	GIRLS	
GIRLS	JAVELIN	followed by	BOYS	
GIRLS	DISCUS	followed by	BOYS	
GIRLS	LONG JUMP	NORTH PIT	TRIPLE JUMP FOLLOWS	
BOYS	LONG JUMP	SOUTH PIT	TRIPLE JUMP FOLLOWS	

No “official” time schedule will be published due to the possibility of combining the 4 x 800 relays and the 3200 meter run.

TRACK	EVENTS	3:45	START
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4 X 800	RELAY	GIRLS will run separate if @ least 2 teams
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100 m High Hurdles - 110 m HH

100 m Dash

1600 m Run

4 X 100	RELAY
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400 m Dash

300 m Low-Int Hurdles

800 m Run

200 m Dash

3200 m Run	Girls and Boys may be run together.
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4 X 400	RELAY
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